

## *Supporting Pastors by Ministering to Christians in Need of Guidance and Deliverance*



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Dear APF Supporter:

### **Greetings!**

Wow! The summer is rolling by rapidly. It seems that I just finished the July newsletter, and now it is time for the August edition. It has been a busy month for me, with many activities and many ministry sessions. I am thankful for the many opportunities I had this past month be a part of ministry. God is richly blessing *A Pastor's Friend*.

### **Praises:**

As noted above, the ministry is growing and numerous calls are coming from people wanting to schedule appointments. Word is spreading about the help people can receive.

Lending a hand to people is a blessing for me, and it is a joy to see people healed and set free. One person noted that it “feels so good like this. I don’t want to go back.”

The Bible studies have been good. In addition to the monthly Bible study, a weekly Bible study has been started. At this point, it has been running at 6:30pm on Tuesday’s. All are welcome to attend. However, Tuesday night has not been “set in stone” for the meetings. If you are interested in attending, you can call to confirm the date for this week. The monthly Bible studies have been recorded and can be heard on the internet at [www.apastorsfriend.org](http://www.apastorsfriend.org).

### **Something to Consider:**

**Ephesians 4:26-27**—<sup>26</sup>*“In your anger do not sin”*: Do not let the sun go down while you are still angry, <sup>27</sup>*and do not give the devil a foothold.*

Over the last few months, a common theme that developed in a number of ministry sessions was that of addressing emotions. I will make two notes from the Scripture passage above in regard to this topic. One aspect is based on a subtle twisting of this Scripture and the other is a point I make to clients based on this passage.

A number of clients coming for help have deep seated anger. The anger is there for a good reason: trauma from verbal, emotional, sexual and/or physical abuse. However, many were taught, or understood to believe they were taught, that it is wrong to be angry. Therefore, the anger is denied and stuffed, causing even greater emotional turmoil. The effects of stuffing the anger or any other negative emotions can be numerous. Some examples are physical maladies, self-hatred, and depression.

Sometimes people get angry when they should not. Even in these situations, it is necessary to recognize it and confess it to God. Other times the anger is justified. I help the person read the Ephesians 4 passage and note that anger is not condemned. The trouble is not the anger, but what is done when angry! For some, this is difficult to believe. It was so strongly held that anger in and of itself was a sin that they believed they were evil for being angry. The conclusion then was, that they were horrible people and were to blame for their problems. I point out to the person that they certainly have a good reason to be angry and that it is very likely that God is angry too. He did not want this bad thing to happen to the person. It can take some time for the

person to grasp this truth, and can involve healing of wounded memories by the Holy Spirit, forgiveness toward the abusers, and even addressing the spirits that continue to deceive the person.

Once a person can at least a little bit believe that he or she isn't to blame and that it is not a sin to have "yucky" emotions, we can proceed to the second point I have about the passage: not giving the devil a foothold because of the sin. At this point, I take the liberty to pull together Ephesians 4:26-27 and Colossians 2:13-15. In the Colossians passage, the Apostle Paul notes that when the Lord Jesus was nailed to the cross, the written code that shows us our sin was as well. In doing so, He then triumphed over the powers.

In the same way, I encourage clients to nail to the cross *exactly* what they are feeling. Be as specific as possible: hurt, pain, anger, embarrassment, worthlessness, and so on. Tell it to God specifically: this is what I feel. Once the person has listed all of the emotions, they verbally nail it to the cross and give a definite destination. In many cases, forgiveness must be extended to someone. State the forgiveness for that person clearly and be specific about the offense. A prayer like this takes the emotional burden off of the client's shoulders and puts it in God's hands. It takes away the enemy's foothold, or even prevents it. In some cases, after the emotions are expressed the Holy Spirit does an amazing healing of the hurts and pains. Sometimes, He does healing beforehand so the person can begin to express the hurt and know it is safe to do so.

The point is to not deny the negative emotions. Everyone will have them at some point, and many times they are appropriate. Even if the emotion is not appropriate because a person is making an issue bigger than it needs to be, the same prayers are effective. If the emotions are there, admit them *to God* and put them on the cross. I encourage clients to take an inventory of the day at bedtime and nail to the cross any negative thing. *Don't minimize it!* No matter how small or slight, don't give the devil a foothold.

### **Prayer Concerns:**

Upcoming Events: *Monday, August 9 at 6:30pm* is the next monthly Bible study at the APF office.

Please pray for God's wisdom to be upon a few clients who are in difficult situations with family members.

Please pray for God's blessing to be on those who come for help.

I pray a blessing on each one of you who support *A Pastor's Friend*.

### **Final Thoughts:**

The process of taking these negative, "yucky" emotions to the cross may seem very simple, but numerous times clients have testified that it is effective. Especially for those who stuffed their emotions out of fear, it was very freeing to express to God what was in their hearts. I believe it is a part of being in relationship with God. He knows what we are feeling, but wants us to share it with Him and give it to Him. So don't be afraid! Tell God at the end of each day how you feel, or felt, about an event or situation. Nail it to the cross and keep the devil from getting a foothold.

In Christ,



Ben Snyder